

January Senior Center Gazette 2006



JANUARY CLEARANCE SALE FRIDAY, JANUARY 20 9:30 am - 3:00 pm

Shop for great buys in gently used & new clothing, jewelry, home items & crafts. All funds raised support programs of the Fremont Senior Center. (No shoes or lingerie, please.) If you have anything you would like to donate to the sale, please call Janice Anderman, 790-6602.

FRIDAY, JANUARY 27, 1 PM NARFE & The Fremont Senior Center Present "PERSONAL EMERGENCY PREPAREDNESS TRAINING"

Hurricane Katrina has made us all aware that we have to be prepared for disasters. The Fremont Fire Department will teach us how we can be better prepared for a community disaster.

JANUARY BIRTHDAY PARTY FRIDAY, JAN. 13, 1:30 pm Entertainment by ROD ELLIOT singer/songwriter

Everyone is invited to enjoy the music of Rod Elliott, a young singer from the foothills of the Appalachian Mountains in Kentucky. He performs country music as well as top 40 hits, music of Frank Sinatra, and Dean Martin. Cake, ice cream, & coffee will be served. A drawing for gifts will be held for people who have a January birthday. Prizes have been donated by Atria's Retirement Inn, Kathy's Floral Design, Carlton Plaza of Fremont, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT.....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2050
Senior Peer Counseling.....	574-2063
Caregiver Support Program.....	574-2035
LIFE ELDERCARE.....	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
Travel Escort Program.....	574-2096
AFGHAN ELDERLY ASSOCIATION.....	574-2059
ALAMEDA COUNTY WEBSITE.....	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY.....	888-1411
BACS ADULT DAY CARE CENTER.....	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY.....	494-7030
EAST BAY PARATRANSIT.....	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE.....	1-800-770-9447
HOMESERVICES REGISTRY.....	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS).....	494-4500
After hours.....	494-4505
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP).....	1-800-393-0363
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SOCIAL SECURITY.....	1-800-SSA-1213
TRI-CITY ELDER COALITION.....	574-2064

EXCITING NEW CLASSES! MONDAY NIGHT LINE DANCING With Instructor & Choreographer Henry Costa Hopping Mad! Dance Productions Monday, January 23, 6 -7:30 pm Drop-in classes are \$6 each

Learn footwork & techniques to many of today's hottest dances. Everyone enjoys dancing to a variety of music without a partner. All ages are welcome!

Henry Costa has taught Line Dancing at the Saddle Rack and events including Golden Gate Classic, Brandin' Iron Dance Festival, and the Mother Lode Line Dance Festival.

BRIDGE FOR BEGINNERS AND INTERMEDIATES Class with Jim Solomon

ACBL Life Master,
ACBL Certified Bridge Director and
Instructor, Experienced Teacher.

**Sign up for an 8 week class - \$80
Begins Fri., Jan. 20, 1-3 pm**

Brush up on your game, learn the newest techniques to improve your bridge play. One of the leading Bridge Instructors in Alameda County, can help any player improve his or her game!

NEW FLOORS IN WING A & MULTI-PURPOSE ROOM

Contractors have been working in December and will continue for the first two weeks in January on new bamboo floors for Wing A and the Multi-purpose Room. All Wing A Classes and groups will be scheduled in the Community Center while the floor is being rebuilt, except for the Thursday, Dance. The Dance will start again in February. We are sorry for the inconvenience, but excited to have such a wonderful improvement. Please be very careful near any construction areas.

AARP INCOME TAX HELP

It is time to start making your AARP Income Tax Assistance Appointments, which begin on Feb. 2. Sign up early for help on Tuesdays at 10, 11 & 12, Thursdays at 9, 10, 11, & 12, and Fridays at 1, 2, & 3 pm until April 14.

**Monday, January 16
Martin Luther King Jr. Holiday
Senior Center Closed**



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.